



UCOOK

Caramelised Onion & Ostrich Salad

with baby marrow, couscous, & Italian-style hard cheese

A hearty, satisfying salad that's perfect to enjoy while watching the African sun set on the horizon. Savour tastes and textures of charred baby marrows & baby tomatoes, elevated with Greek seasoning, together with sweet caramelised onions, fluffy couscous, greens, salty cheese ribbons, and butter-basted ostrich slices.


Hands-on Time: 25 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Hellen Mwanza

 Quick & Easy

 Bertha Wines | Bertha Shiraz 2021

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Ingredients & Prep

3	Baby Onions <i>trim, peel & cut in half</i>
100g	Baby Marrow <i>rinse, trim & cut into bite-sized pieces</i>
80g	Baby Tomatoes <i>rinse & cut in half</i>
10ml	Greek Seasoning
75ml	Couscous
160g	Free-range Ostrich Steak
20g	Green Leaves <i>rinse</i>
10g	Italian-style Hard Cheese <i>peel into ribbons</i>
20ml	Balsamic Vinegar
10ml	Crispy Onion Bits

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey
Paper Towel
Butter

1. CARAMELISED ONIONS Place a pan over medium heat with a drizzle of oil. When hot, fry the halved onions until caramelised, 6-8 minutes (shifting occasionally). At the halfway mark, add a sweetener.

2. CHARRED VEGGIES Add the baby marrow pieces and the halved tomatoes to the pan. Fry until lightly charred, 5-6 minutes. In the final 1-2 minutes, add the Greek seasoning and fry until fragrant.

3. COUSCOUS Boil the kettle. Place the couscous in a bowl with 75ml of boiling water. Stir through a drizzle of olive oil. Cover and steam until rehydrated, 5-8 minutes. Fluff with a fork.

4. OSTRICH Return the pan, wiped down, to medium-high heat with a drizzle of oil. Pat the ostrich dry with paper towel. When hot, sear the ostrich until browned, 2-3 minutes per side (for medium-rare). In the final 1-2 minutes, baste with a knob of butter. Remove from the pan and set aside to rest for 5 minutes before slicing and seasoning.

5. JUST BEFORE SERVING In a salad bowl, combine the charred veg, the cooked couscous, the rinsed green leaves, the cheese ribbons, and the balsamic vinegar (to taste).

6. DINNER IS SERVED Bowl up the loaded couscous, top with the ostrich slices, and sprinkle over the crispy onions. Good job, Chef!

Nutritional Information

Per 100g

Energy	421kJ
Energy	101kcal
Protein	9.2g
Carbs	12g
of which sugars	3.3g
Fibre	1.9g
Fat	1.9g
of which saturated	0.6g
Sodium	436mg

Allergens

Egg, Gluten, Allium, Wheat, Sulphites,
Cow's Milk

Cook
within
4 Days